

Heart Health Personal Risk Assessment



This checklist is designed to help you determine if you may be at risk for heart or cardiovascular disease. Please check all statements below that apply to you. If you check two or more, please speak to your primary care provider for a health assessment to determine what you can do to lower your risk.

AGE

- You are a man over 45 years of age.
- You are a woman over 55 years of age.

FAMILY HISTORY

- Your father or brother had a heart attack before age 55.
- Your mother or sister had a heart attack before age 65.
- Someone in your family has been diagnosed with familial hypercholesterolemia (FH).

MEDICAL HISTORY

- You have coronary artery disease, or you have had a heart attack.
- You have had a stroke.
- You have an abnormal heartbeat.

ALCOHOL

- You have more than 1 alcoholic drink a day if you're a woman.
- You have more than 2 alcoholic drinks a day if you're a man.

TOBACCO SMOKE

- You smoke, or live or work with people who smoke every day.

TOTAL CHOLESTEROL & HDL CHOLESTE

- Your total cholesterol level is 240 mg/dL or higher.
- Your HDL ("good") cholesterol level is less than 40 mg/dL if you're a man or less than 50 mg/dL if you're a woman.
- You don't know your total cholesterol or HDL levels.

BLOOD PRESSURE

- Your blood pressure is 140/90 mm Hg or higher, or you've been told that your blood pressure is too high.
- You don't know what your blood pressure is.

PHYSICAL INACTIVITY

- You don't accumulate at least 30 minutes of physical activity on most days of the week.

EXCESS BODY WEIGHT

- You are 20 pounds or more overweight.

DIABETES

- You have diabetes or take medicine to control your blood sugar.

Think You May Be at Risk?

Schedule an appointment today with your physician to learn more about your heart health. To find a primary care physician or cardiology specialist, visit us online: ochsnerlcardio.org

